



Most diets only work for as long as you continue to follow them. Those programs inevitably fail because they don't result in a lasting change to your lifestyle. The moment you stop, the extra weight returns.

By contrast, the TACFIT 4 Day Diet was never meant to be permanent. Its purpose is to help you transition your cells from burning sugar to burning fat. This underlying purpose illustrates another reason why other diets fail: they don't alter your biochemistry, and as a result, you backslide.

Other diets also focus on imposing a "pattern" or a habit upon you. But there are only two kinds of dietary habits: bad ones and unhealthy ones. We were not meant to eat in patterns.

Although we're equipped with Digital Age nervous systems, we still platform off of Stone Age biochemistry. To stimulate the immune system we must add stress or become vulnerable, but too much stress without sufficient time for adaptation causes our immune system to break down. We need variation in our diets, but only after a period of adaptation to the new food.

Furthermore, we are the culmination of 3 things: our food, our movement and our thoughts. The type of exercise that you do and how you cycle it acts in combination with your relationship to food and your self-image. These three things are bound together and cannot be

separated. Because of this, the 4 Day Diet, the 4 Day Intensity Wave, and the positive psychological elements woven into TACFIT are all crucial to your success.

We were irrefutably meant to eat locally, seasonally and organically

“Eating locally” refers to consuming food that has been recently harvested and/or butchered. This type of food contains fewer preservatives—hopefully none. It’s the closest thing to being “live” food that we can find. “Live food” is important, because the longer a food is “dead,” the more it is composed of “inert” organic material. When you’re eating food from overseas or even from the other coast, you are ingesting preservatives and you’re eating mostly inert matter. Artificial preservatives also “preserve” your fat/calories, and they have less opportunity for nutritive release.

“Eating seasonally” takes into account the impact that changing weather conditions and climates have upon our performance and behavior, and as a result upon our biochemistry. For example, during winter it’s difficult to follow the same eating patterns that we adopt in summer because of the cold, and vice-versa. In a location where seasons are limited or even non-existent, look to the eating behaviors of cultures that exist in mono-seasonal environments.

“Eating organically” refers to the avoidance of preservatives and “food intensification” chemicals such as bovine growth hormone.

Returning to a point where we’re eating as we evolved to eat requires a transition, and it isn’t an easy one. It’s a bit like trying to convince a smoker who loves smoking how much greater his quality of life would be if he just gave it up cold-turkey. It makes sense logically, but his cells

have become addicted to nicotine and they're doing everything possible to convince him otherwise.

The goal of transitioning your biochemistry from existing as a sugar-burning to a fat-burning machine is not only meant to turn you into a fat incinerator, but also to restore your natural intuition as to your body's needs. That intuition is masked by the phantom craving of your cells addiction to sugars.

Upon completion of the TACFIT Commando 3-Month Mission Calendar, you'll be free to eat what you need whenever you need it. By the end of those 3 months you will have fully converted your cells to using slow-burning fuels, rather than living from one fix to the next off fast-burning fuels.



Burning off the Top of the Tank

Most people eat as though they were filling a gas tank. They drive a bit and then top off the tank, drive a little more and top off the tank again. They never completely empty the tank, and as a result, sediment begins to settle in their system. This leads to diminished performance, decay and eventual breakdown.

They only burn off the top of the tank, but this is where the metaphor fails. Though we treat food as fuel, it is not.

Food Is Not Merely Fuel

Eating is a hormonal event, and not merely an electrical one based on calories. A fuel-based diet cannibalizes your body.

The TACFIT 4-Day Diet seeks to increase sustainable, recuperative foods in order to displace cellular craving for fast burning sugars as primary fuel.

Eat for Tomorrow and Yesterday, Not for Today!

Most people perform well in spite of their nutrition rather than because of it, because they eat for TODAY only. Eating for today is the equivalent of topping off the tank, feeding a biochemical addiction that burns sugars instead of fats—and if you're only ever burning what you're immediately taking in, you'll never tap long-term storage.

When you eat for today's energy, you're unable to keep the benefits of yesterday's work, and you won't be prepared for tomorrow's either.

Food is for rebuilding (from yesterday) and building (for tomorrow)

When it comes to exercise, growth happens during the recovery period, not during work. This is why people can work very hard and see temporary results, but then develop boredom, aches and pains, and eventually injuries and illnesses. They're breaking down the body but failing to rebuild it (from yesterday's work) and pre-build it (for tomorrow's).

The body produces its own fuels. We don't need to top off the tank. We have an endogenous (internally produced) energy source which we can't tap into until we convert ourselves from an addictive dependency upon exogenous (externally taken) fast-burning fuels. In order to make

that conversion, we must get to the bottom of our tank. We must first clean it, and then rebuild it with an alternative energy source: fat.

Most people over-eat simple carbohydrates (pastas, sweets, breads, junk snacks like potato chips) that convert into glucose, which is then transported around your body and which fuels your brain. However, when you eliminate these simple carbs (glucose) from your diet, your insulin level also drops. When insulin falls, the liver begins to turn glycogen stores into glucose. That happens at the same time as fatty acids are being released from fat cells as a result of the same stimulus. Glucagon stimulates glycogen and fat stores to release when glucose levels fall, unlocking the body's endogenous energy reserves.

With the TACFIT 4-Day Diet you're eating what you will need for that day's exercise—but you're eating it a day in advance. You'll only be calling upon that food during the recovery period, long after the work is over. This is different than eating to fuel a workout, or eating a post-workout snack to deal with jitters. Such snacking only perpetuates the addiction to fast-burning sugars. Instead, you eat today what you'll use tomorrow (during recovery) from today's work. Sugar-burners eat for the work; fat-burners eat for the recovery.

The goal of an effective diet is to prime the 3 metabolic pathways for optimal energy and health.

Eat More, Earlier. Prepare for Later. Repair from Before

- Don't remove or replace—displace.
- When you eat is as important as what you eat: timing performance nutrition
- Front load protein and complex carbs.
- Russian Spetsnaz Proverb: Eat breakfast alone, lunch with friends, and give your dinner to your enemies.
- Eat nutrient-dense whole foods that are completely or mostly unprocessed in order to repair and prepare. Go organic whenever possible to avoid pesticides and preservatives.

Transitioning into the 4 Day Diet

Though you may think that it would be better to jump into the TACFIT 4 Day Diet, remember that it's intended to transition you back to clear communication with your cellular needs. The diet is the process, not the product. It is a means to an end.

If you want to have a healthy, high performance body, you only need to change everything. We know that's not the PC thing to say, but our goal isn't to sugarcoat dietary requirements. Our goal is to be realistic and candid so that together we can guarantee that you not only look fantastic, you also feel great and live stronger longer.

Making the metabolic shift requires you to implement “transitional” steps, rather than adopt someone else’s diet outright. The TACFIT diet isn’t intended to be your lifestyle. It’s a tool to help you discover your high performance lifestyle. With that said, each step in this transition is calculated to help you convert your cells from burning sugar to burning fat. We also want to minimize the strength of withdrawal symptoms, and those habitual behaviors that cause most people to “fall off the wagon” and return to old, familiar, emotional, unhealthy eating patterns.

With the 10 transitional nutrition cycles of the TACFIT 4 Day Diet, the first 40 days of the program serve to biochemically transition you towards eating whole foods 80-100% of the time, and as a result to convert your cells from burning sugar to burning fat. By day 41, your system is clean and you’re able to restrict calories so that you don’t experience deleterious effects throughout your total (neural, endocrine, immune) super-system.

The TACFIT 10 Nutrition Transition Cycles

40 Days until your Lean, Clean Commando Diet

CYCLE 1 (Days 1-4): Begin Journaling (include feeling / energy level / mood)

CYCLE 2 (Days 5-8): Eat breakfast within one hour of waking (keep journaling until—at least—day 84)

CYCLE 3 (Days 9-12): Add 4-8 ounces of lean protein to breakfast, and add 2-4 liters of clean water daily

CYCLE 4 (Days 13-16): Add 2-3 nutritious snacks per day, so that you eat at least every 4 hours

CYCLE 5 (Days 17-20): Switch from whites to browns. Eat 1-2 servings of healthy fats per day (olive oil, walnut oil, fish oil, avocados, etc; except on Juice Cleanse day)

CYCLE 6 (Days 21-24): Reorder (to post-meal) or entirely remove sweets

CYCLE 7 (Days 25-28): Increase greens

CYCLE 8 (Days 29-32): Make sure complex carbs, lean protein and good fats are present in each meal

CYCLE 9 (Days 33-36): Switch to 2-3 meals per day without snacks

CYCLE 10 (Days 37-40): Sync your 4 Day Intensity Wave of training to the 4 Day Diet and Supplement Cycle

After CYCLE 10: Complete the 4 Day Diet with the 4 Day Intensity Wave for the remaining days on your mission. CYCLE 22 (Days 84-88) are complete rest days: perform only joint mobility on those days.

If you find that you've gone AWOL from your tactical nutrition progress, and have "cheated", then don't berate yourself. You've just overwhelmed your internal habits with transitional multipliers. Instead of "cheating" - change at your rate of progress. Stay at the demands of the current cycle, and then in the next 4 day wave, step it up with the next dietary transition. Keep at it, and hold your ground. Stay the course, and you'll be a lean, clean commando in no time flat.

The TACFIT 4-Day Diet

4 DAY Cycle:	Protein	Complex Carb	Fat
Carb Load	20%	60%	20%
Protein+	60%	15%	25%
Cleanse	10%	80%	10%
Balance	40%	40%	20%

CARB LOAD: The Greens and Grains Day pairs with the Moderate Intensity (Strength Practice) Day:

Increase complex carbs.

Add superfood green mix supplement, anti-oxidants, etc. Cruciferous vegetables including broccoli, cauliflower, brussels sprouts, and kale are also loaded with antioxidants, and they provide one other ingredient—sulfur—that the body needs to make its own high-powered antioxidants. A small dish of blueberries is also high in anti-oxidants.

PROTEIN+: The Protein and Good Fats Day pairs with the High Intensity (Metabolic Conditioning) Day:

Increase proteins, good fats, and fish oil / EFAs.

It takes a caloric deficit of about 3500 calories to lose 1 pound of fat. It takes a caloric abundance of about 600 calories to generate 1 pound of muscle. It is possible to use 600 calories from your body's stored fat to gain 1 pound of muscle.

CLEANSE: The Raw Cleanse Day pairs with the No Intensity (Joint Mobility) Day:

Consume only vegetables, either raw or in a juice mixer. Add glucosamine.

This is NOT a “day off.” Cleansing, including your joint mobility focus for the day, allows your muscles to regenerate and KEEP the gains from yesterday while preparing for the next strength training day.

You need the intense supply of vitamins and minerals that this day provides in order to keep metabolic processes running smoothly.

BALANCE: The Balanced 4S Day pairs with the Low Intensity (Compensatory Yoga) Day:

Balanced Day but 4 S’s (No Snacks, No Sugars, No Stims, No Seconds). Add herbal tea blends.

On days 1-3 you may eat as much as you need according to the prescribed ratio, and you should eat more food earlier in the day in order to displace your cell’s withdrawal symptoms caused by addiction to fast-burning fuels.

Day 3 is a “blanket.” You can use this day’s recommendations to help you transition through more challenging episodes. Don’t worry—as long as you follow the recommendations, it’s guilt-free snacking.

On day 4, however, you must follow the 4S’s to the letter—that means 3 Meals with No Snacks, No Sugars, and No Second helpings.

TACFIT Dietary Compliance Chart

- You can't exercise yourself out of the 4S's (sweets, simples, seconds or stimulants)
- No sweets (sugars or substitutes, natural or synthetic)
- No simples (eat complex rather than simple carbs)
- No seconds (one plateful and no more)
- No stimulants (remove caffeine, nicotine, etc)
- If you consume any of the 4S's after 7PM, then the 30% of the energy needed for "winding down" redirects blood flow or derails your nervous system, which should be expanding blood flow and removing the noise from the CNS

10 Point Compliance Chart: Average 8 and you'll be great!

TACFIT Team Leader, CST Instructor and Bellingham Fire Department Fire Captain Ryan Provencher inspired this approach, which he used to train his department for the TACFIT Challenge.

This compliance chart is used to score one week of training. Begin with 10 points per day.

If you complete all of your exercises (mobility, intensity, yoga), score 6 points (or 2 points for each). If you eat according to the TACFIT 4-Day Diet plan, score 4 points.

The maximum score is 10 points per day.

Those are the "additions." But there are also a few "subtractions."

If you skip your mobility OR your intensity OR your yoga practice, remove 2 points for that day. If you skip two of these items, you lose 4 points. Skip a day completely and you lose 6 points. (Performing 2 mobility sessions per day doesn't equal 4 points; you may only earn 2 points per day per training type.)

If you skip a meal, have a snack, eat a sweet, drink a beer, have a shot, drink a soda, eat a piece of pizza or bag of popcorn, remove 1 point.

This approach allows you to save up all your extra points for the weekend, or you can have one beer per night, but you must average 8 points for the week. If you average 8 points per day over the entire week, you will sleep like a baby, experience incredible levels of energy, prevent illnesses and injuries, and continue to grow stronger every day.

Obviously, since you don't get 2 points for intensity on the NO and LOW INTENSITY DAYS, you can't afford to miss ANY of your points on your meals!